

July 2015 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."



The developers of "Lexington on the Park" new home development across from the Senior Center are doing their best to keep both Marais and Lexington open for traffic to the Center. There may be sporadic closures to one or the other street, but access to the center is guaranteed.

We appreciate your patience with this process.

Diabetes PATH (Personal Action Toward Health)

Begins July 14th from 1:00 - 3:30 pm

This six week program is for those living with diabetes. Learn techniques to manage symptoms, fatigue, pain, stress, frustration and fear. Also learn strategies for healthy eating, exercises to improve strength and endurance and how to work more effectively with your doctor.

Cost \$15. Receive a \$15 gift card when you complete the program! For more information or to register, call the Area Agency on Aging 1-B at (800) 852-7795, or visit AAA1B.com

Travel Show! Tuesday, July 14 10:30 - 11:30 AM

Rybicki Tours presents new day and extended trips for the upcoming Summer and Fall seasons. Don't miss out on a great presentation. No charge, no registration needed.

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HELP WANTED!! The R.O.S.E.S. Program is seeking capable workers for Home Chore and Home Repair programs. Put those skills to work! Supplement your income!
For more details, see page 9

Monthly Matinees

Friday, July 10th & 24th at 12:30 pm on the Center's big screen
See movie titles/descriptions on Page 6

Kerry Price on Piano

Friday, July 17th "Summer is A-Comin' In !! 12:30 pm



*** EXTENDED TRAVEL ***

Ohio Light Opera/Rybicki Tours July 24 - 26, \$599 dbl/pp.

Vancouver and Canadian Rockies/Bianco Tours July 28 - August 4, \$2,635 dbl/pp.

Oregon Coast/Shoreline Tours August 2 - 11, \$3,299 dbl/pp.



French Lick, Indiana/Rybicki Tours August 10 - 13, \$699 dbl/pp.

Stratford Festival/Rybicki Tours September 1 - 2 \$499 dbl/pp.

Lake Geneva, Wisconsin/Shoreline Tours September 9 - 11, \$569 dbl/pp.

Cape Cod, Martha's Vineyard /Shoreline Tours September 13 - 19, \$1,399 dbl/pp.

National Parks and Canyonlands . . . West/Shoreline Tours September 15 - 22, \$2,899 dbl/pp.

Mackinac Island Grand Adventure (Wait List) October 6 - 9, 2015 Call Barbara for availability: (248) 246-3916, 5. \$ 736 dbl/pp; \$961 sgl; \$671 trp/pp **T1000 sp.**

Shades of Ireland /Collette Tours (Wait List) October 12 – 21, 2015 \$250 deposit; balance due August 12, 2015. **\$3,649 dbl/pp**

*** DAY TRIPS ***



"All that Glitters" / Bianco Tours

Thursday, July 9 9:00 am – 6:45 pm

Spend three hours at Greektown Casino, then enjoy lunch at Sindbad's on the Detroit River! Plus a two hour narrated cruise on the Detroit River aboard the Diamond Jack. Cost includes motor coach, lunch and cruise
\$75 T1009 su

TRAVEL SHOW! /Rybicki Tours

Tuesday, July 14 10:30 - 11:30 am

Get the latest information about day and extended trips that are being scheduled for the summer and fall seasons. Don't miss out on a great presentation. No charge, no registration.

Huron Lady II / Rybicki Tours

Thursday, July 16 8:15 am – 4:30 pm

Board the Huron Lady II in Port Huron and enjoy a two-hour narrated cruise on the St. Clair River and Lake Huron. Lunch will be at a popular Port Huron Location, then take a visit to the Knowlton Ice Museum. Cost includes transportation via motor coach, lunch and cruise.
\$109 T1008 su

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.

Day Trips continued on Page 15



Restaurant of the Month

Wednesday, July 29th, 11:00 am -2:30 pm. \$8 (Lunch on your own - avg. \$13)

We're heading out to Anchor Bay! MacRay Harbor is a huge marina and banquet facility, and is also the home of the renowned and highly-rated Harbor Grille Bistro. Here you can savor the Bistro's award winning cuisine accented by an exciting blend of fresh American flavor. Cost includes transportation via Senior Bus. **T1028su**

**Mahany/Meininger
Senior Community Center**
3500 Marais
Royal Oak, MI 48073
 (1 block North of 13 Mile Rd.,
 between Main & Crooks)
Phone: (248) 246-3900
Fax: (248) 246-3901

Salter Community Center
1545 E. Lincoln,
Royal Oak 48067
 (10½ Mile Rd, 1 block West
 of Campbell Rd.)
Phone: (248) 246-3180
Fax: (248) 246-3007

Monday - Friday
9:00 am - 4:30 pm

Senior Citizen Coordinator
 Paige Gembariski

Outreach Administrator
 Carolyn Marsh

Sr. Recreation Specialist
 Barbara Harris

R.O.S.E.S.
 Pam Steinmetz
 Dorothy LaSure

Typist/Clerk
 Susan Mutschler

Van Transportation
 Phone: (248) 246-3914
 Monday - Friday
 9:30 am - 12:30 pm

Carol Haubert, Dispatcher
 Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (at least 1 day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

Medical Equipment Loan Closet

Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment you no longer need.

NOTABLE FOLKS . . .

A Very Special Thanks to

Carol Haubert, Bob Hilton,
 Dorothy Huff, Gene Knitig,
 Susan Mutschler,
 Jean Neimeyer,
 Diane & Grace Ogden,
 Mary Rubin, Celia Sawdon,
 Joanne Shintaku,
 Pam Steinmetz, and
 Ginny Swigertto

for contributions to Tim's Kitchen, to help keep our lunch program continuing.

Euchre Players

May 14th - Peggy Murphy &
 Sue Holdaway
 May 18th - Bill Crawford
 May 22nd - ???
 May 28th - Erve Ciske
 June 4th - Sue Blair
 June 11th - Norma Thomas

Well Played Euchre Players!

Annual Pool Tournament May 14, 2015

Black Team Winners:

1st - Bob Irvine
2nd - Paul Riddell
3rd - Tim Fields

Red Team Winners:

1st - John Beauchamp
2nd - Fred F.
3rd - Dave Savage
Congratulations!

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1 12:15 pm

Pinochle Tuesdays

Drop in for pinochle, meet new friends. **1.00 12:30 pm**

Duplicate Bridge Wednesday

Drop in with a partner to play duplicate bridge.

\$1.25 12:30 pm

Euchre Thursdays

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm

**Mah-Jongg Drop-In**

Wednesdays 9:30-12 pm

Fridays 1-3 pm

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Star-Grabbers

Amateur Astronomy Group

2nd & 4th Wednesdays 10 am

Dick and **Bill** have an amateur astronomy club. Their goal is to share their interesting hobby and instruct individuals on the use of telescopes. Donations are accepted

Sit 'n' Knit

Tuesdays 1 pm

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

**Welcome Newcomers!**

Monday, July 6 10:30 am

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Helping Hands

Tues & Thurs 9:30 am

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Senior Quilting

Tuesdays 10 am

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Handbells

Fridays 12:45 pm

Experience the fun of ringing handbells with a group to create beautiful music. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. This is not a "class" to learn about Handbells, but it is a Handbell Choir which began in September 1988. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous Handbell ringing experience not necessary, but some background with music reading skills is very helpful. **Program will resume September 4, 2015.**

Computer Club

Wednesdays 12:30 pm

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

July 1	Richard Jackson
July 8th	Larry Kulp
July 15th	Roger Gach Q & A
July 22nd	Jack Vanders
July 29th	Tom Allen: Apples vs. Android

"Get" your Gadget"

Tuesdays 11:15 -noon

This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! You may use the time for basic computer skills on desktop computers. Remember to bring all cables and power cords along. Call to register for your choice of dates: 248-246-3900 **\$60 / (3) 45-min One-on-One class C1080 sp.**

Ask the Computer Lady!

Tuesdays 9:15 - 9:45 am

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour C1087sp**

Laptop Computer Classes

Tues, Jun 9- July 28 10 :00 am

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/8 wks. C1086SU**

Crochet Creations

Thursdays 12:15 pm

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

Hearing Tests/Cleaning Hearing Aids

Tues., July 7 1 pm

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900. **Next opportunity will be in September.**

Foot Doctors

Weds., July 8 9:00 - 11:00 am

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Financial/Investment Aide

Thurs., July 16th 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 minute appointment.

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.



Painting - All Media

Thurs. Jul 9 - Aug 27 9:15 am

Mike Byrne, who has exhibited in art shows, art fairs, one-person shows and taught watercolor, pastel, acrylic, pen & ink (stipple) instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list is given at sign-up. Pre-registration, **\$55/8 wks.** C1090SU



Monthly Matinees

Fri., July 10 12:30 pm

Into the Woods

Meryl Streep, Emily Blunt & James Cordon

As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each on a quest to fulfill a wish. *Rated PG*

Fri., July 24 12:30 pm

Stranger Than Fiction

Emma Thompson, Will Ferrell, Dustin Hoffman, Queen Latifah

A mentally unstable IRS auditor hears an author's voice in his head and discovers that he is the ill-fated protagonist of her latest work. While a book-company employee tries to cure the author's case of writer's block, the auditor and a professor set out to find the woman and make her change her story. *Rated PG-13 for Disturbing images, sex, & Language.*

Suggestions and donations
are welcome!

**PLEASE CALL AHEAD FOR
MOVIE AVAILABILITY!**



Kerry Price On Piano

Fri., July 17th 12:30 pm

"Summer Is A'Comin' In"

\$2 per program. Payable at the door



Lunch and Learn Series

Due to the limited availability of presenters during the summer months, the Lunch & Learn Series will be taking a "Vacation" in July.

"Dangers of Joint Ownership with Your Children"

Tues., Aug 11 11:30 am

Presented by:

Estate Planning Professionals
Who legally owns the money in a Joint Bank Account? Does your Daughter-in-Law own part of your home? Come learn the surprising and frightening facts of joint ownership with your children! Deadline to register is Thursday, August 6. **A1029**

"Chronic Pain? Need Instant Relief? No Side Effects!"

Mon., Aug 17 11:30 am

Presented by:

Valerie Clark and Romina Profeta
Learn about Compounded Pain Creams and what they can do for you. Ms. Clark is a Regional Manager from Custom Meds Compounding Pharmacy, and Ms. Profeta is a Senior Physical Therapist from DMC. Together they will present alternatives to traditional medicine and their many benefits. Ms. Profeta will also address common pain ailments and demonstrate techniques to get relief. The seminar will go over health questions with taking compounded medications. Deadline to register is Thursday, Aug 13. **A1030**

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Drop-In Ballroom Dance Class**Mondays 1 pm**

Join instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5.**

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. Video workout, free!

Round Dance**Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

Massage Therapy**Thursday & Friday,****July 16 & 17th****by Appt**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides **35-min massage sessions for \$30, or 75-min sessions for \$60.**

Tai Chi Basic & Chen Style

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **No summer classes - will restart after a summer break.**

Kuratomi Stretching

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. The student can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. **No summer classes—will restart after a summer break.**

Gentle Yoga**Thurs, Aug 6 - Aug 27 1 pm**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. **\$18/4weeks C1032SU**

Zumba Gold**Fri, Aug 7 - Aug 28 10:20 am**

Low impact aerobic workout. Some chair work. Great music and fun **\$20/4 wks C1015SU** Drop-ins available **\$7/class**

Water Aerobics & Aqua Zumba

Due to the closing of the Royal Oak Middle School Pool for summer maintenance, the next class sessions for both Water Aerobics and Aqua Zumba will begin when school reopens. Be sure to see the August "Times" for the schedules.

Healthy Back Class**Wed, July 8 - Aug 12 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 C1018SU**

Yoga**Tues, July 7 - Aug 25 12:45 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. **\$36/8 weeks C1005SU**

Chair Yoga**Wednesday, 12:30 pm****July 8 - Aug 12 (\$25/6) C1022su****Friday, 11:30 am****July 10 - Aug 14 \$25/6 C1023su**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Chair Exercise with Cindy**Friday, 10:30 am****July 10 - Aug 14 \$25/6 C1025su**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 wks. C1024SP**

Pilates/Core Body conditioning**Mon, July 13 - Aug 31 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture, a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM **\$36/8 wks - C1000SU**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, July 27 **10 am**

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays **10 am**

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Assistance Group

Wednesdays **9 am**

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, July 16 **1 pm**

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays **10:30 am**

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors Resource Center

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

TRANSPORTATION

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as snow-shoveling, yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

• **Help Wanted -**

The R.O.S.E.S. Program - 2015
(Royal Oak Senior Essential Services)

is looking for able-bodied persons with good work ethic and home maintenance skills to register for the following programs:

- **Home Chores:**

Snow Shoveling, Yard Work, Housework and gutter cleaning (1st level)

- **Home Repairs:**

Painting, minor plumbing, carpentry and minor Electrical work. (Work of a scope that does not require a licensed contractor.)

All workers will be required to complete an application, and be subject to a background check.

Please visit the:

Mahany/Meininger Senior

Community Center (3500 Marais)

Monday - Friday, 9:00 am - 4:30 pm

or

call (248) 246-3918 for more information.

Community Open Swim -

RO High School 1500 Lexington Blvd.

- Family Open Swim,
Mon., Tues. & Thurs. evenings, 7:15-8:30 pm.
Monday thru Thursday 12:15-1:30 pm
- Adult Open Swim (lap swimming) -
Mon, Tues, & Thurs evenings, 8:30-9:45 pm.

Seniors free with Gold Card, adults and children \$5, age 5 and under free. Discount cards at \$40 for 10 visits available at open swim sessions.

- > Bring bathing suit, towel and lock.
- > No flotation devices allowed.
(including life jackets/vests)
- > The pool is closed whenever it is deemed not functional.
- > The school district is not responsible for stolen or lost articles.

Royal Oak Schools

July 2015 Activities

Board of Education Meeting
Thursday, July 9th

800 DeVillen
7:00 pm

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events.
(*Except State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO High School

Applications are available at the Churchill Community Education Center, 707 Girard, Royal Oak. For information, please call (248) 588-5050.



50 year Reunions

<http://www.royaloakschools.org/district/alumni>

Kimball High School Class of 1965

October 3, 2015 Red Run Golf Club

Dondero High School Class of 1965

October 10, 2015 Red Run Golf Club

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$2.50 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In

.....**Rubber** \$1 - Mondays, 12:15 pm
.....**Duplicate** \$1.25 - Wednesdays, 12:30 pm
Drop in with partner to play bridge.

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 pm
Drop-in, \$2.

Dance - Round Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf AssistanceWednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register, fee (classes will resume late August/early Sept.).

Exercise - Chair Yoga (DVD)Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register, fee.

Exercise – Gentle YogaThursday, 1 pm
Slow flow class to strengthen bodies and calm minds. Pre-register, fee. (No sessions in July)

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise.

Exercise - Silver Foxes... ..Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to a Richard Simmons video tape, no charge.

Exercise – Sit Down & Tone-Up.... Tues/Thurs, 10:30 am

Exercise - Tai Chi.....Resuming after summer
Chinese exercise of moving meditation, pre-register, fee.

Exercise—Water AerobicsWed, 8:30 am
Water exercises at RO Middle School, pre-register, fee. (Classes will resume late August/early September).

Exercise - Yoga Tuesday, 12:45 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

Exercise – Zumba Gold..... Fri, 10:20 am
A low-impact aerobic workout. Pre-register, fee.

Financial/Investment Aide 3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio, free 30 min appointments.

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month.

Handbells Level II, Friday, 12:45 pm
Pre-register, fee. Resumes Friday, September 4.

Helping Hands Tuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi StretchingWednesday, 10:30 am
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register, fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In...Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes.....Thursday, 9:15 am
Carl Angevine instructs in all media and all stages of development. Pre-register, fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pinochle, Drop-InTuesdays, 12:30 pm
Drop-in for pinochle, meet new friends,\$1.


Senior Quilting.....Tuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers!.....1st Monday, 10:30 am

July 2015

Monday	Tuesday	Wednesday	Thursday	Friday
July Birthstone - Ruby July Flower - Larkspur On July 30, 1956, President Eisenhower signed legislation establishing "In God We Trust!" as the national motto. July Horoscopes: Cancer: June 21 - July 22 Leo: July 23 - August 22		1 9:00 AM Deaf Assistance Group 9:30 AM Mah-Jongg Class 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club	2 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance	3 Center will be closed for the Independence Day Holiday 
6 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Welcome Newcomers 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:30 PM Water Color Painting	7 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit	8 9:00 AM Deaf Assistance Group 9:00 AM Foot Doctors- by Appt 9:30 AM Mah-Jongg Class 9:30 AM Drop-In Mah Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back	9 9:15 AM Painting - All Media 9:30 AM Pool Tournament 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance	10 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Monthly Matinee 12:30 PM Bingo 1:00 PM Mah-Jongg 1:00 PM Line Dancing
13 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:30 PM Water Color Painting	14 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit 1:00 PM Hearing Aid/Tests 1:00 PM P.A.T.H.	15 9:00 AM Deaf Assistance Group 9:30 AM Mah-Jongg Class 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back	16 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Financial/Invest Aide 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance By Appt Legal Assistance By Appt Massage Therapy	17 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price/Piano 1:00 PM Mah-Jongg 1:00 PM Line Dancing By Appt Massage Therapy
20 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:30 PM Water Color Painting	21 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit 1:00 PM P.A.T.H.	22 9:00 AM Deaf Assistance Group 9:30 AM Mah-Jongg Class 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back	23 9:15 AM Painting, All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 AM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance	24 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Monthly Matinee 1:00 PM Mah-Jongg 1:00 PM Line Dancing
27 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:30 PM Water Color Painting	28 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit 1:00 PM P.A.T.H.	29 9:00 AM Deaf Assistance Group 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back	30 9:15 AM Painting, All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 AM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance	31 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 1:00 PM Mah-Jongg 1:00 PM Line Dancing
Mahany/Meininger Senior Community Center				

**HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00**

Wednesday	July	1	Sliced Ham	
Thursday	July	2	Hot Dog	
Friday	July	3	*** <i>Center Closed</i> ***	
Monday	July	6	Chicken/Pasta Bake	
Tuesday	July	7	Pork Chop	
Wednesday	July	8	Beef Goulash	
Thursday	July	9	Salmon Patty	♥ Heart Smart
Friday	July	10	Lemonade Chicken	
Monday	July	13	Meatloaf	
Tuesday	July	14	Chicken/Stuffing Bake	
Wednesday	July	15	Seafood Salad	
Thursday	July	16	Sesame Chicken Patty	
Friday	July	17	Italian Cheese Square	
Monday	July	20	Barb's Far East Chicken	
Tuesday	July	21	Shepherd's Pie	
Wednesday	July	22	Chicken/Rice Bake	
Thursday	July	23	Swedish Meatball	
Friday	July	24	Tuna Pasta Salad	♥ Heart Smart
Monday	July	27	Spinach Beef Patty	
Tuesday	July	28	Maurice Salad	
Wednesday	July	29	Meatloaf/Tomato	
Thursday	July	30	Chicken Parmesan	
Friday	July	31	Pork Chop	

Call (248) 246-3900, at least one day in advance to reserve a meal
(call before 1 pm).

Lunch is served at 11:45 a.m.

Everyone is Welcome! No age requirement!

Times July 2015

Monthly Newsletter of the Royal Oak Seniors

The Jack & Patti Salter Community Center
1545 E Lincoln, Royal Oak, MI 48067 (248) 246-3150
(10 1/2 Mile Road, 1 block West of Campbell Rd.)

Off your seat and on your feet!

There's something for everyone at the Salter Community Center. Drop by, or give us a call!

The benefits are endless™...

Salter Center Book Club

Mon, July 20 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. The July book is TBA.

Drop-In Pinochle

Wed & Fridays 12:45 pm

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. *****We are in need of 4-ply yarn, your donations would be gratefully accepted*****

Sit Down and Tone Up

Mon-Wed-Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. You will work lower body and abs by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

DROP-IN-SPORTS

Pickleball

Mon/Wed 11-1 and 1-3 pm

Tuesday 12:30-2:15/1-3 pm

Friday 11-1 and 1-3 pm

Pickleball is played with wooden paddles and whiffle-type ball, a combination of tennis and badminton, easy to learn and great exercise! **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*

Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. There is already an established group attending this program but always room for more. **\$1** per session.

Let's Walk!

Monday-Friday 8:30 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! How? Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking around the gymnasium or outdoors in the parks and neighborhoods. Track your progress by completing a mileage log sheet at the center.

Notable Folks...

CONGRATULATIONS,
to the following walkers!

Bob Anders	1,600
Mara Davis	2,100
Barbara Kelley	900
Ann Schoss	1,800
Bruce Scott	2,600
Robert Thom	2,800

New Walkers Welcome!

Stretch & Strength Training (40+) (cardio weights & strengthening)

Mon, July 27 - Aug 31

11 am

Wed, July 29 - Sept 2

Fri, July 31 - Sept 4

Improve your strength, stamina and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights if you have them and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. Instructor **Jo Schirtzinger**, Leisure Unlimited, has been teaching this popular class since 1996.

\$26/6 wks. for 1 day; SA2016

\$46/6 wks. for 2 days; SA2017

\$64/6 wks. for 3 days; SA2018

\$5 drop-in fee

Balance Training

Fridays 12:30pm

July 24 - Aug 28

SA2007

Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, from Leisure Unlimited, has been teaching fitness classes since 1994. **\$24/6 wks.**

Yoga

Thurs. June 25 - Aug 13 10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh.

\$36/8 weeks SA2015su.

July 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>My life, I realize suddenly, is July. Childhood is June, and old age is August, but here it is, July, and my life, this year, is July inside of July.</p> <p>Rick Bass</p>				1		2		3	
				8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In		8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball		<p>The Center will be closed for the Independence Holiday</p>	
				8		9			
				8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In		8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball			
				10		8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In			
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8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In		8:30 AM Let's Walk 11:00 AM Bounce Volleyball		8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In		8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball		8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In	
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<p>Jack & Patti Salter Senior Community Center</p>									

Oakland County Parks Summer Excursion**Thursday, August 13 12 - 4 pm**

Board the County's bus and take off to Independence Oaks Park for a pontoon boat ride, lawn games and a stop at Cook's Dairy Farm in Ortonville. Cost includes transportation via Oakland County Bus, boat ride and ice cream. **\$15 T1024 su**

River City Rendezvous /Discovery of King Tut Exhibit Tuesday, August 18, 9 am – 9:30 pm

On our annual trek to Grand Rapids we will have an enjoyable lunch at Charley's Crab on the Grand River. The afternoon brings us to the Grand Rapids Public Museum: among the oldest history museums in the U.S., it exhibits treasures of the past and present. We will tour the Discovery of King Tut Exhibit and have some free time to explore the museum. Frederik Meijer Gardens is our last stop; our Tram Tour brings us past the brand-new Japanese Garden, Leonardo's Horse, indoor and outdoor gardens. Cost includes transportation via motor coach, lunch and two guided tours. **\$88 T1012su**

Legends of Rock 'n Roll at Huron Country Playhouse/Rybicki Tours Tues, Aug 25 8:30am -

8:00pm Lunch at a local favorite in Grand Bend, Ontario. Relive the incredible discography from the 1950's through the 1970's, featuring such acts as the Beach Boys, the Everly Brothers, ABBA, the Monkees, Simon & Garfunkel, Roy Orbison, Jerry Lee Lewis and, of course, Elvis Presley. Cost includes transportation via motor coach, lunch and performance: dinner on your own en route home. Canadian tour - requires passport, passport card or enhanced Michigan Drivers' License or State ID. **\$144 T 1021su**

Armory Arts Village & Jackson Historic Prison Tour/Rybicki Tours Wednesday, Sept. 9 8:00 am

- 5:15pm The tour starts with the historic Michigan Theatre, and the film, "Jacktown, the History of Michigan's First State Prison". Off to Steve's Restaurant; Turkey Breast on a Kaiser Bun, Tuna Salad on Whole Wheat or Vegetarian Wrap. The old prison is now an artist's colony; tour it all and hear the stories that go along with the building. Cost includes transportation via motor coach and lunch. **\$104 T1010f**

Saugatuck/Bianco Tours Tuesday, September 10, 2015 7:15 am - 7:15 pm

Lunch is at Coral Gables, one of Michigan's oldest restaurant/bar sites. Time to shop downtown Saugatuck, the Art Coast of Michigan - then off to a Dune Ride - 40 minutes of entertainment, fun and excitement. **\$93 T1025su**

Mark Your Calendars - Save the date - fun trips coming!

Tuesday October 13	Thursday October 15	Wednesday October 21	Sunday November 8
Oakland Co. Parks - Fall Color Tour	"Nunset Boulevard" at Turkeyville	Sandhill Cranes Waterloo Farm Museum	Soaring Eagle Shipshewana on the road
Hayride - cider & donuts - County bus tour.	Turkey with all the trim- mings lunch followed by "hilarious, wacky and unpredictable theater.	Autumn colors, flocks of sandhill cranes, Audubon Society guide. Lunch at the Sandhill Vineyard.	Vendors from Indiana flea market bring their wares to the casino showroom.
\$15 12:00 - 4:00 pm	\$94 8:30 am - 6:30 pm	\$62 times TBD	\$43 8:45 am - 6:15 pm (\$10 coin coupon & \$5 food voucher)

JUST A REMINDER! If you are traveling with us:

- Arrive 15-30 min. ahead. CHECK-IN with a staff person. Park in the farthest north row of our lot.

All trip dates, descriptions and prices are subject to change.